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Overview

The G-Trainer anti-gravity treadmill is much more than an exercise machine. It enables individuals to reduce their effective body weight for health and medical applications, to reduce the risk of injury, and to expand athletic training and conditioning programs.

Professional athletes, top collegiate programs, and rehabilitation and training clinics across the US are experiencing the unique benefits of walking and running at reduced body weight.

Since the original prototypes were installed with partners and training facilities, individuals have been making claims on the benefits they receive. When adding the G-Trainer to general conditioning, cross training, and performance enhancement routines, individuals at health clubs to elite athletes report measurable increases to their fitness goals. Rehabilitation clinics and other medical facilities see faster recovery times and lower overall costs for patients. Clinicians are also prescribing the G-Trainer to improve mobility with neurological patients, increase exercise options for patients with weight control challenges, and improve overall health of older individuals.

Everyday we hear from physicians, healthcare specialists, athletic trainers, athletes, and other individuals about why and how they're using the G-Trainer.

Learn more about how the G-Trainer is used for:

- **Health and Medical**
See how the G-Trainer is ideal for individuals who are recovering from lower extremity injuries and surgeries and dealing with medical challenges that limit movement or impair mobility.
- **Injury Prevention**
Learn more about using the G-Trainer to get the most out of your training or exercise programs while minimizing the risk of impact-related injuries and training without pain caused by chronic injury.
- **Training & Conditioning**
Find out more about how the G-Trainer is used to augment training and conditioning routines, enhance performance, and allow individuals to continue working out during injury recovery.



Request Information

Click [here](#) to request more information.

Download Docs

[G-Trainer for Medical Use](#)
[G-Trainer for Athletic Use](#)

FAQs

Read answers to frequently asked questions.

News

See what major publications and bloggers are saying

Videos

Click [here](#) to watch videos of top athletes, trainers, and others using and talking about the G-Trainer for training and conditioning, injury prevention, and continued training during injury recovery.

User Writeups

[Jim Sorensen](#)
Competitive track runner
[Dathan Ritzenhein](#)
Professional Nike Runner
[Mark Grabow](#)
Warriors Athletic Director
[Stacy Dragila](#)
Olympic Pole Vaulter
[Shalane Flanagan](#)
Champion Runner
[Tracey Slagle](#)
Recreational Runner